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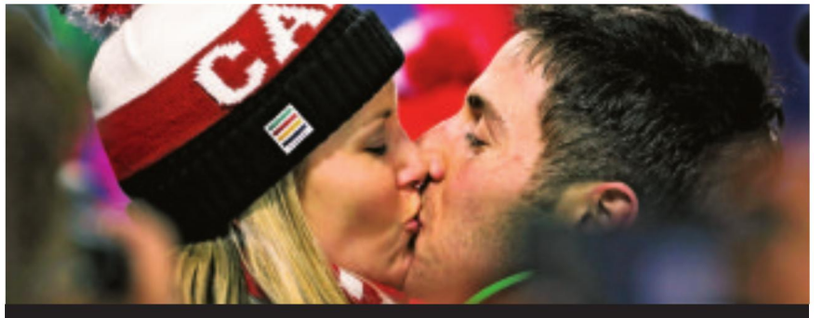
WHAT TO WATCH IN SOCHI

• 8:30 a.m. Alex Gough has a chance to win Canada's first-ever medal in luge.

• 9 a.m. Figure skating's individual events begin with Canada's Meagan Duhamel and Eric Radford, seen here, featuring in the short program.

GREG DOWNS/FOR METRO



GOLD RUSH CONTINUES

Top: Canada's Charles Hamelin celebrates after winning gold in men's 1,500-metre short-track speedskating in Sochi on Monday. Bottom: Canada's Alex Bilodeau kisses his girlfriend after nailing gold in the men's moguls final in Krasnaya Polyana, Russia, that day. More Olympics coverage, pages 13 & 14.

TOP: MORRY GASH/THE ASSOCIATED PRESS; BOTTOM: SERGEI GRITS/THE ASSOCIATED PRESS

Province hoped to sell casinos to First Nations

Casino Regina, Casino Moose Jaw. Opposition NDP slams agreement as rushed and lacking public input

The Saskatchewan government is backing off after looking to sell Casino Regina and Casino Moose Jaw to the Saskatchewan Indian Gaming Authority.

The Opposition went public with the information on Monday after getting a government briefing on the sale last Thursday.

The New Democrats say the government wanted them to agree to legislative changes this spring for the sale to go through. But the NDP says the government wouldn't immediately provide a copy of a three-page memorandum of understanding.

"Selling Crowns is an important matter because the benefits are for everyone in the province," said NDP Leader Cam Broten.

"And to fast-track, to be pressured to urgently pass legislation in violation of the Crown ownership act, that game's not on. I will not agree to do that."

The Crown Corporations Public Ownership Act sets conditions for the sale of protected Crown assets. Those conditions include public consultations and a minimum 90-day window after the next provincial election.

Premier Brad Wall said Perry Bellegarde, chief of the Federation of Saskatchewan Indian Nations, raised the memorandum on Jan. 21. Wall said the government approved it in principle last week, then went to brief the NDP.

The deal "would be good for the province, good for First Nations," Wall said.

Wall also said that because his Saskatchewan Party campaigned on maintaining the act, it believes it can move forward on changes only with Opposition support — even though it holds 49 of 58 seats in the legislature.

The premier sent a letter to Broten asking for an answer by noon on Tuesday.

Broten said he's open to the Saskatchewan Indian Gaming Authority playing a larger role in the economy, but he questions the rush.

"It should be done in the open," Broten said. "It should have the right scrutiny in the legislature and it should have the right consultation with (the) Saskatchewan public."

The New Democrats said the government has put the sale price at between $100 million and $200 million.

THE CANADIAN PRESS

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Dafoe

Man killed in Hwy. 16 collision

A man died from his injuries after two vehicles were in an accident Monday morning on Highway 16 near Dafoe, Sask.

Kenny Popowich, 64, passed away in a Regina hospital.

Popowich was travelling eastbound from Wynyard, Sask., in a four-door car when he collided with a westbound semi tractor-trailer travelling from Winnipeg.

A STARS air ambulance responds to a collision on Hwy. 16. CONTRIBUTED

The truck toppled over in the crash and the 42-year-old trucker has since been released from hospital in Lanigan.

STARS air ambulance responded to take Popowich to hospital with what a RCMP news release described as "serious, life-threatening injuries."

Both drivers were the lone occupants of their vehicles. METRO

Edenwold

Church burgled

Police are investigating the theft of religious items, including some of historic significance, from a church northeast of Regina.

RCMP say they received a call on Sunday about a break and enter at St. John's Lutheran Church in Edenwold.

Officers determined the thief or thieves pried open one of the side doors to get into the church.

Items stolen include an oak baptismal font, brass candle holders, a brass crucifix, a silver chalice and an oak hymn board.

The font and hymn board have been in the church community for more than 100 years. Hymn books, Bibles, altar clothes and candles were also taken.

There was also some vandalism. THE CANADIAN PRESS

Snowbirds forced to cancel all appearances stateside

Budget cuts. Aerobatic team had its number of flying hours cut, but will still appear at scheduled Canadian events

Quoted

"While we love going to the States and while we regret not being able to fulfill being able to go ... it does make sense that we need to aim our priorities at the Canadian audience."

Capt. Thomas Edelson, Snowbirds spokesman

Canada's famed Snowbirds aerobatic flying team has been forced to cancel all shows in the United States because of budget cuts.

Snowbirds spokesman Capt. Thomas Edelson says the number of flying hours were cut for the squadron, which is based in Moose Jaw, Sask., so the four U.S. shows were cancelled.

"While we love going to the States and while we regret not being able to fulfill being able to go down to the States as we had previously planned, it does make sense that we need to aim our priorities at the Canadian audience," Edelson said in an interview Monday.

Edelson couldn't speculate on whether the Snowbirds would return to the U.S. next year.

"A lot of these decisions aren't made at the Snowbird level," he said.

"These are made at much higher levels than even the squadron. We take our direction from higher headquarters in Ottawa and, next year, that's where those decisions would again be made."

Herb Gillen, a spokesman for the Oregon International Air Show, said organizers received a call from the Snowbirds about 10 days ago to cancel a September show.

Gillen said organizers are disappointed.

"In fact, it had been many years since the Snowbirds had appeared there last, so everybody was very excited to have them," he said in a phone interview from Columbus, Ohio.

"The Snowbirds being removed from the lineup ... that's a pretty big blow. The show right now is sort of in a regrouping phase and trying to determine what's next, what the viability of the show is this year if they don't have a jet team ... "

Gillen said it's an unfortunate situation.

The Oregon International Air Show has faced this dilemma before. Last year, the United States Navy Blue Angels cancelled all of their 2013 performances because of federal budget issues. The show went on with the Patriots Jet Team, a civilian-owned jet aerobatic team, as the headline act.

Edelson said the cuts won't have an impact on the approximately 30 shows planned in Canada.

"We have a full Canadian season and basically all the Canadian shows that were planned in the 2014 air show season are still scheduled to go ahead." THE CANADIAN PRESS

The Snowbirds 431 Air Demonstration Squadron performs at the 2013 Canada Remembers Our Heroes Air Show in Saskatoon. METRO FILE

Students gather for Love Your Language

Community school co-ordinator Desiree MacAulay teaches a traditional Métis jig on Monday. MORGAN MODJESKI/METRO

First Nation students from across Saskatoon gathered to celebrate and embrace their traditional languages on Monday at the second annual Love Your Language event.

A partnership between the city's two school divisions and the Saskatoon Tribal Council (STC), approximately 300 students converged on E.D. Feehan Catholic High School in Saskatoon to practice and preserve their indigenous tongues.

"The residential schools took away a lot of that motivation to speak our language and in fact, it was not only discouraged ... it was chastised as being sinful or unholy," said STC chief Felix Thomas.

"So the language had to go underground to survive and now we're saying that not only should you speak it, you should speak with pride."

Bernadette Laliberte, a First Nations language consultant with the Greater Saskatoon Catholic Schools said First Nation people across Saskatchewan want their language to be maintained.

"Having events like this and celebrating the work that's being done in the schools is something that we find to be really important," she said.

Dean Newton, superintendent of education with Saskatoon Public Schools said maintaining traditional language is important to a diverse and welcoming student population.

"We're open to all students and we want to create that sense of knowing who you are," he said.

"We all come with a certain background, culture and history and we want that respected." MORGAN MODJESKI/METRO

Ford ‘didn’t want to tell the truth’ about drug use

Now showing.
‘Everybody in the world has lied,’ says the T.O. mayor in an online premiere

After months of insisting he had been truthful in the midst of a drug scandal, Toronto’s controversial mayor has admitted he lied to the public because he was embarrassed.

Rob Ford made the admission on his own terms, in a YouTube show called Ford Nation posted online Monday.

“Did I experiment with drugs? Yes I have. Why did I lie? I think everybody in the world has lied, because I was embarrassed,” Ford said, while looking directly into the camera. “I didn’t want to tell the truth. That’s the only answer I can give. That’s as straightforward as I can be.”

Ford’s revelation came in response to a written question from Sandra from Bangkok who wondered why the mayor lied about his “substance abuse problem.”

“I’m not a drug addict, I don’t use drugs. Have I in the past? Yes,” Ford said.

“When they ask me, it’s very, very humiliating in front of the world to say yes ... People either lie to cover up, people lie because they’re embarrassed, that’s why I lied.” Ford had been under intense scrutiny since two media outlets reported the existence of a video that they said appeared to show the mayor smoking crack. The mayor initially denied he used the drug and suggested the video didn’t exist.

THE CANADIAN PRESS

Frame grab from the first Ford Nation YouTube show featuring Rob and Doug Ford. YOUTUBE

2015. Laureen to be more up-front next election

The federal Conservatives have plotted a road map to a 2015 election campaign that counts on a massive donor- and voter-targeting effort, a communications onslaught, and a bid to “leverage” the popularity of Laureen Harper, the prime minister’s wife, according to documents obtained by Torstar News Service.

The 70-page slide show presentation to the Conservative party’s national council last weekend by executive director Dimitri Soudas appears to acknowledge that Prime Minister Stephen Harper has work to do to reach out to Canadians and win their trust to win another government. Under “Tactical Plans/Strategies,” it says the party will “connect (the) PM with people,” “leverage Mrs. Harper” and launch a Mrs. Harper video.

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Russian icon a hero to one Canadian

Vladislav Tretiak, centre, visits Michael Hunter, left, and his mother, Julie Hunter, at a Moscow hospital in 1987. The Russian hockey hero helped boost the Canadian's spirits after Hunter fell seriously ill during a school field trip to the former Soviet Union. COURTESY MICHAEL HUNTER

Vladislav Tretiak. In 1987, Michael Hunter ended up in a hospital during a school trip to Russia — and then got an unexpected visitor

FERNANDO CARNEIRO
Metro in Toronto

When Vladislav Tretiak lit the Olympic Cauldron at Friday's Opening Ceremony in Sochi, one Toronto-area man beamed as bright as the flame.

Michael Hunter, a 41-year-old insurance agent living in Bolton, was visited by the Russian hockey great while in a Moscow hospital 27 years ago.

In 1987, Hunter took part in a school field trip to the Soviet Union. His Crohn's disease — a serious bowel condition — flared up during the flight.

While the roughly 60 other children from Notre Dame Secondary in Brampton, Ont., and one other school spent 10 days touring Moscow and St. Petersburg, Hunter spent two weeks in the hospital.

"Did I see much of Russia? No, I saw the intersection across from the hospital," Hunter said. "I was numb after the surgery and didn't have a lot of life in me. I didn't know what was happening because no one spoke English."

Fortunately, Hunter's mother, Julie Hunter, was a chaperone on the trip. She was invited for dinner by the Canadian ambassador in Moscow, and when it was mentioned that Hunter was a former hockey goalie, the ambassador said that Tretiak was in town, and offered to invite him to visit the hospital.

"When word got out that Tretiak was coming in, I had reason to get up and something to get excited about," Hunter said. "And it wasn't just me: The entire wing of the hospital was excited. They started asking why this national hero was coming in to see this sick Canadian guy."

Tretiak arrived with a bouquet of flowers for Hunter's mother and goaltending manuals that he had written for Hunter — all in Russian, of course.

"He stayed for half an hour or so, and we took some pictures. I was very impressed with him. He's a very big guy and friendly," Hunter said. "I was so thankful that he went out of his way to come see me. I think that he speeded up my recovery time."

Hunter said Tretiak was a good choice to be one of the two people chosen to light the Flame.

"He's a national icon," he said. "You could tell from the reaction of the nurses."

Star goalie

- Vladislav Tretiak is considered to be one of the greatest goaltenders in the history of hockey.
- He became internationally famous after his performance in the Summit Series against Canada in 1972.
- While he attracted the attention of many NHL teams, it was Montreal that ultimately drafted him in 1983. The Soviet government blocked that move.

Vladislav Tretiak approaches the Olympic cauldron during Friday's opening ceremony in Sochi. MATT SLOCUM/THE ASSOCIATED PRESS

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CANADA'S ECONOMIC ACTION PLAN

Canada

Did the Flappy Bird app fly too close to the sun?

Causing a flap. Like Icarus, the game had a fast rise and fall to earth

ELISABETH BRAW
Metro World News in London

Apparently we're all Flappy Bird addicts: when Dong Nguyen, the Vietnamese creator of the popular mobile game, announced that he's removing it from online stores, it became big news. What makes the simple app so popular when other, flashier games are not? Metro spoke with Vili Lehdonvirta, a research fellow at Oxford University's Oxford Internet Institute.

What's the secret behind Flappy Bird's success?

If you look at what's inside the game, the retro visual style borrows from classic games like Super Mario, which invokes nostalgia in the user.

But Flappy Bird got a lot of criticism.

Yes, a lot of praise and a lot of criticism. It created controversy (*questions have been raised whether bots were used to boost its app chart popularity – ed.*), which helped it become a phenomenon. It was like, if you're not playing Flappy Bird, you're missing out.

End of the line Down Under

Toyota announced it will stop making cars in Australia by the end of 2017, spelling the end to auto manufacturing in the country, where car companies say high production costs and tough competition have made the business unviable. RICK RYCROFT/THE ASSOCIATED PRESS

The giving network. You know what's cool? Giving away $970M in shares

Mark Zuckerberg and his wife, Priscilla Chan, were the most generous American philanthropists in 2013, with a donation of 18 million shares of Facebook stock, valued at more than $970 million US, to a Silicon Valley non-profit in December.

The Chronicle of Philanthropy reported Monday that Zuckerberg's donation was the largest charitable gift on the public record in 2013 and put the young couple at the top of the magazine's annual list of 50 most generous Americans in 2013.

Mark Zuckerberg and Priscilla Chan
THE ASSOCIATED PRESS FILE

THE ASSOCIATED PRESS

Uranium miner

Cameco says 2018 target no longer makes sense

Cameco chief executive Tim Gitzel says it no longer makes sense for the company to keep to its goal of producing 36 million pounds of uranium a year by 2018. Gitzel says the near- to medium-term outlook is too foggy to support the target. THE CANADIAN PRESS

Market Minute

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OIL
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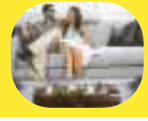

METRO CUSTOM PUBLISHING

Ding! Ding!
TRANSIT TUESDAY

TRANSIT FARES TO INCREASE FEBURARY 1, 2014

The Saskatoon Transit and Access Transit fares that were approved as part of the 2014 City of Saskatoon Budget will be in effect starting February 1, 2014.
The new fees are as follows:

- Single transit tickets will increase $0.10 for adults, students and children making the new rates $2.40, $1.80 and $1.40.
- Monthly pass fares will also increase, for adults it will increase from $78 to $81; students $56 to $57; children $47 to $48; and for seniors $26 to $27.
- Cash fares will increase by $0.10 to $3.10 per ride for an adult, $2.60 for a student, and $2.10 for a child.

For more information on Saskatoon Transit fares, routes and schedules, call 306-975-3100 and speak to a Customer Service Representative. Access Transit customers can call 306-975-3555 for further information.

An important message to our customers:
Despite incorrect information that has circulated in the community, The City of Saskatoon is continuing to offer Senior discounted bus passes. Thank you for choosing Saskatoon Transit.

MONTHLY PASS REMINDER

Transit customers are reminded that monthly passes are valid for the calendar month purchased and not one month from the date of purchase. If you have questions about your pass or tickets, visit the Customer Service Centre or call 306-975-3100

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metro

RRSP GUIDE

Tuesday, February 11, 2014

An RRSP allows you to save money for retirement on a tax deferred basis. By investing in an RRSP, people can also reduce the amount of tax payable on income the year they contribute. ANDRESR/SHUTTERSTOCK

How to navigate your savings vehicle

YLVA VAN BUUREN
For Metro

When you get to the real intent of a registered retirement savings plan (RRSP), it really has application for everyone, says Anthony Williams, vice-president of academic affairs with The Canadian Institute of Financial Planning.

The RRSP is a savings vehicle, first and foremost. It allows you to save money for retirement on a tax deferred basis. By investing in an RRSP, people can also reduce the amount of tax payable on income the year they contribute.

Here's what tax planners recommend for specific groups in the population.

Younger Canadians

Students today should be saving for retirement, says Dean Owen, a Saskatoon financial adviser with Advocis, The Financial Advisors Association of Canada.

There are fewer and fewer generous pension plans and it's critical to look at RRSPs.

"Especially with the 40-and-under age group, they're not sticking to a job long enough to have a company pension plan anyway."

Can investing in an RRSP reduce your taxable income?

- Tax rates are based on percentage of income. For example, in federal taxes, Canadians pay 15 per cent on $44,000, 22 per cent on $44,000 to $88,000, 26 per cent on $88,000 to $136,000, and 29 per cent on more than that. Provincial tax is added on top of that. Someone making $45,000 will pay 22 per cent federal tax while someone making $41,000 will pay 15 per cent.

Self-employed

If a self-employed person is making more than $40,000, Owen said, they should be looking at RRSPs so they pay less tax as they build their retirement nest egg. If they make less than $40,000, a deduction is not going to help significantly.

Pension plan holders

There are investment options with a personal RRSP that you wouldn't have with a company pension plan. Also, a personal RRSP provides more flexibility — if there is an emergency, funds are available.

Special cases

Sometimes RRSP money can be used long before retirement. If someone is going to be off work for a year (doing a master's degree, for example), pulling money out will trigger a tax liability, but tax will be minimized because they are in a low income bracket (they aren't working).

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Start planning for your future

Age is a key consideration with an investment strategy, especially when it comes to how much, and when, a younger investor should contribute to a registered retirement savings plan.

"We believe that it's never too early to start investing in your future," said Dennis Tew, chief financial officer at Franklin Templeton Investments Corp.

"Sometimes there's a tendency to wait and forgo contributing when we're young due to other priorities — families, mortgages, weddings — but, in fact, it should always be a priority. Even a small amount each year can make a difference over a lifetime."

For the young investor looking to make their first RRSP contribution this year, Tew offers these tips to help make the decision a smart one.

1 Understand risk tolerance. To put it simply, do you prefer growing your RRSP savings steadily over time (lower to medium risk) or are you OK with the possibility of more investment volatility in the pursuit of larger gains (higher risk)?

2 Diversify across asset classes. Make sure you understand the basics about the main asset classes in which you can invest — bonds don't necessarily mean safe and equities don't necessarily mean risky. Why not diversify your investments?

3 Speak with an adviser. Investment advisers have their fingers on the pulse of markets and can help you map out a plan for achieving your retirement goals. NEWS CANADA

Do an analysis of your retirement — what do you want to do in your retirement and how much will you need to maintain that lifestyle? ANDREY_POPOV/SHUTTERSTOCK

Plan to use your unused contributions

TALBOT BOGGS
Smart Investing

The government set up registered retirement savings plans in 1957 as a vehicle for Canadians to save for their retirement. But more than five decades later, data shows they have not used it to their fullest and Canadians are now sitting on some $600 billion in unused contributions.

"A lot of people just don't have the income to be able to contribute to the maximum," said Johnathan Rivard, an investment adviser with Edward Jones.

"They have a lot of other priorities like a mortgage, children's education, cars, entertainment and travel. With everything else they have to do it's just not that high a priority."

How can Canadians catch up on their RRSP under-contributions and help ensure they have enough money tucked away for retirement?

"Budgeting is key," Rivard said. "Do an analysis of your retirement — what do you want to do in your retirement, how much will you need to maintain that lifestyle and then how are you going to fund it? It's important to understand why you are contributing."

One financial question that seems to come up continually in financial planning is whether it is better to pay down your mortgage or contribute to your RRSP.

Unfortunately, there's no easy answer. A lot will depend on individual circumstances such as lifestyle, debt level and interest rates, but there are some things to consider.

"A lot of people believe real estate is one of the best long-term investments you can make," Rivard said. "There are a lot of costs associated with real estate like taxes and repairs and maintenance that can really add up over time. Investments, however, tend to be more passive when it comes to costs although fees sometimes can be a discouragement as well.

THE CANADIAN PRESS

TALBOT BOGGS IS A TORONTO-BASED BUSINESS COMMUNICATIONS PROFESSIONAL WHO HAS WORKED WITH NATIONAL NEWS ORGANIZATIONS, MAGAZINES AND CORPORATIONS IN THE FINANCE, RETAIL, MANUFACTURING AND OTHER INDUSTRIAL SECTORS.

TFSAs offer versatility

Since it was introduced in 2009, the tax-free savings account (TFSA) has changed the complexion of financial planning, says Anthony Williams, vice-president of academic affairs with The Canadian Institute of Financial Planning.

Here are some ways to use a TFSA.

• Pension plan plus: Anyone with a good pension can use a TFSA. "You don't get a tax deduction (like you do with an RRSP contribution) but where an RRSP will hurt is when you start to take it out," said Dean Owen, a Saskatoon financial adviser with Advocis, The Financial Advisors Association of Canada. "RRSP money may push you into a higher tax bracket." TFSA funds are not taxable.

• Windfall: If you receive a windfall and tax payable is zero, putting it into an RRSP is not going to provide a significant income tax break and you will pay tax later. If you don't have a TFSA, open one. You can carry forward unused contributions this year. YLVA VAN BUUREN

If you receive a windfall, consider placing that money into a TFSA. SYDA PRODUCTIONS/SHUTTERSTOCK

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	40	$24,000	$151,743
$200/mo.	20	$48,000	$70,610
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LOVELY TIME TO NOT DO THIS

SHE SAYS

Jessica Napier
metronews.ca

I've always thought of Valentine's Day as a mid-range event on my holiday ranking scale. I'd probably place it somewhere above the binge-drinking mess of St. Patrick's Day but not nearly as exciting as Canada Day. I know the whole thing has very little to do with true love and a lot to do with selling expensive gifts but I'm a sucker for candy conversation hearts and cheesy greeting cards nonetheless.

February 14 doesn't have to be the most romantic day of the year, but if you find yourself coupled up this Friday and you'd like to stay that way then you should probably try to put in a little effort. There's still plenty of time to plan something special for your significant other, so here are some guidelines on what not to do this Valentine's Day.

Do nothing. Disappointment abounds during this time of year, especially when people aren't up front about their expectations. You don't have to deliver a dozen overpriced roses or orchestrate a private dinner for two in a candlelit restaurant, but the least you can do is pick up a card and scribble down a few heartfelt sentences. When it comes to matters of the heart, no one ever regrets being over prepared.

Break up with your beau. You'd think this was a pretty obvious V-Day "don't," but according to a recent survey by online dating site AYI.com, 22 per cent of individuals polled said that they had been dumped on Feb. 14. It's hard to believe that so many people possess such poor timing but perhaps it's understandable given all the stress that surrounds this particular holiday. Even so, try to have a heart and wait 24 hours before delivering the bad news to your soon-to-be ex.

Protest just for the sake of it. We all know Valentine's Day is special because of the person you spend it with and not because of how much money you spend on them. However, restaurant owners, florists and purveyors of gourmet chocolates count on this annual event to bring in some cash during an otherwise slow winter season. Rather than self-righteously boycotting the Hallmark holiday, why not show your love by supporting small businesses in your area. Find your sweetheart a unique and thoughtful gift from an independent local retailer and it'll be a win for everybody.

Give in to social media envy. Let's face it, this Friday your various social media newsfeeds are going to blow up with heavily filtered images of bountiful floral bouquets and sickeningly sweet proclamations of love. Some digital sentiments might be touching; the majority will be annoying and may leave you feeling jealous and depressed. Do yourself a favour and step away from the keyboard so that you can focus on your own relationship.

Feel obligated to leave the house. Never underestimate the appeal of a low-key night in. With chilly temperatures outside and season two of House of Cards debuting on Netflix this Friday, a cosy date on the couch is a perfectly lovely (not to mention inexpensive) option. It might not look as impressive on Instagram but nothing says long-term relationship success like sweatpants and takeout Chinese food.

ZOOM

A growing visual culture

COURTESY CASEY GUTTERIDGE/THE BIG BANG UK YOUNG SCIENTISTS AND ENGINEERS FAIR

British actor stars in microbial art

A microbiologist has made a 'self-portrait' of Stephen Fry (from The Hobbit) by using the actor's own bacteria.

Zachary Copfer, from Ohio, holds a master's degree in fine art and a bachelor's in biological sciences, and says he sees this as an exciting way of exploiting the art within science to bring to life a sterile and boring field. **METRO**

Q & A

Newest selfie

ZACHARY COPFER
Microbiologist/ photographer based in Cincinnati, Ohio.

How did you manage to get the bacteria to 'paint' this?
I received a sample of bacteria taken using a swab from Stephen's arm. Then I made a negative from a digital photo of him and placed it on a bacteria-laden petri dish. I exposed the plate to ultraviolet radiation, killing any microbes in certain parts of the dish. This allows others to grow in areas where the negative is. I then placed it in an incubator for two days to let the culture grow. Sometimes it can take four or five tries to get the bacteria to grow where you want it to.

What is the artistic meaning behind your work?
It touches upon the concept of an artwork's ownership, what can be regarded as the ultimate selfie.

Clickbait

IRENE KUAN
Metro Online

Organizing your own work projects is hard enough, but try adding multiple people into an assignment. This can be a big headache if organization is a challenge for you. Here are some online tools to help track project collaborations.

ISTOCK IMAGES

Asana :

Manage your teamwork without email. This free web and mobile application allows you to create projects and put conversations and tasks together. Set due dates, assign your group members tasks and have Asana track and remind them of impending deadlines.

Basecamp:

This web-based project-management tool has been around since 2004 but was revamped in 2012. Basecamp can offer to-do lists, wiki-style web-based documents, file sharing and a messaging system, to name just some of the functions. The 2012 version of the tool allows users to use their preferred language in projects and messaging.

Pivotal Tracker:

This web tool offers a friendly user experience for team projects, offering the ability for candid conversations to optimize communication and teamwork. Are your work partners in a different time zone? Not a problem! Pivitol Tracker will help everybody stay in sync and projects stay on course.

Twitter

@metropicks asked: Drones are used in Sochi to capture ski events. If you had a drone, what would you use it for?

@mensaghic: Scope out traffic before rush hour.

@deb2v: If I had a drone, I will use it to deliver burritos.

@bcladyo: I would use drones for beer delivery! :)

@sykesoh: to pick up rob ford when he is on a famous stupor

@lisambungay: watching my kids when I leave the room.

@newcybersol: I would have a drone follow our beloved premier Alison Redford. Maybe that would keep her spending in check!

Follow @metropicks and take part in our daily poll.

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Send us your comments: saskatoonletters@metronews.ca

metro

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SCENE

It's time you level with your significant other: there's no way you're going to watch The Notebook on Valentine's Day. And not just this year — you're talking about never again. The same goes for Love Actually, The Vow, When Harry Met Sally or any of the other certified V-Day classics. Here are five choices to make February 14 a little less boring and a little more cinematically stimulating.

ADAM NAYMAN
scene@metronews.ca

5 Films that aren't The Notebook

Don't Look Now

Nic Roeg's peerlessly creepy thriller about a couple menaced in Venice by witchy sisters and a red-cloaked serial killer was controversial in its day for the seemingly unsimulated sex scenes between stars Donald Sutherland and Julie Christie; look past the scandal, though, and you'll see a tender portrait of lovers brought together — and ultimately torn apart — by grief.

Friday Night

Claire Denis is a filmmaker who loves filming bodies in motion, and she's never had lovelier choreography than in this sublime 2002 feature, which describes a brief encounter between two strangers: a woman on the verge of moving in with her boyfriend, and a stranger she meets during an epic Parisian traffic jam. The City of Lights has rarely looked so sumptuous, and the film's tone is so intimate that you may feel like you're intruding.

Mulholland Drive

This is one of the most mysterious movies ever made, but its cryptic plot and bizarre imagery can't obscure the sweetness of the scenes between Naomi Watts and Laura Elena Harring as amateur sleuths who gradually fall in love with one another. Their blonde-brunette/Betty-Veronica dynamic is framed playfully, yet there's also real passion there.

A Perfect Getaway

Don't let the B-movie packaging and cast (Steve Zahn, Milla Jovovich) fool you; this underrated 2009 thriller about two couples honeymooning in Hawaii is romantic at heart. The relationship between redneck tourists Timothy Olyphant and Kiele Sanchez is adorable, even if the movie keeps floating the possibility they're also serial killers.

Sightseers

Vacationing psychopaths are also the subject of this demented British import, in which a sheltered Englishwoman (Alice Lowe) discovers that her new boyfriend (Nick Oram) has some worrisome hobbies. Ben Wheatley's pitch-black comedy is not for the faint of heart, but it's a brilliant deconstruction of romantic comedy tropes.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

'Judge away,' says Stewart as she tries to find herself

Kristen Stewart reveals to Marie Claire magazine that instead of throwing herself into film work following her breakup with Robert Pattinson, she spent most of 2013 taking road trips with friends, working on her poetry and discovering things about herself — like the fact that she doesn't necessarily have a romantic type. "You don't know who you will fall in love with. You just don't. You don't control it," she says.

Another thing she's learned? It's OK to not be good at being a celebrity. "I'm just not very good on TV, and it's not my main goal in life to get good at it," she admits. "People are like, 'She just can't handle' — for lack of a better word — 'the spotlight.' No, actually, I can't, and that is totally who I am." And Stewart has definitely learned how to handle her critics: "I stand by every mistake I've ever made, so judge away," she says.

Sarandon getting close with business partner

Susan Sarandon and her business partner Jonathan Bricklin, 36, have been rumoured to be enjoying a much more intimate partnership for some time, and now it seems Sarandon to be hinting that the rumours are true. "Jonathan and I collaborate on different things. That means a lot of things," she coyly tells AARP The Magazine in its latest issue. When asked by the magazine if those things include romance, Sarandon responds, "Yeah, I think so." Sarandon and Bricklin are co-investors in NYC ping pong bar Spin.

Susan Sarandon

Chris Kattan ALL PHOTOS GETTY IMAGES

Former SNL star Kattan arrested on suspicion of drunken driving in L.A.

Authorities say former Saturday Night Live star Chris Kattan has been arrested on suspicion of drunken driving after his Mercedes struck a Department of Transportation vehicle on a Southern California freeway.

The California Highway Patrol says the Mercedes was seen weaving in and out of lanes shortly before 2 a.m. Monday on the 101 freeway in Los Angeles. The CHP says Kattan drove into a DOT vehicle that belonged to a crew conducting maintenance on a guardrail. No injuries are reported. The 43-year-old Kattan was jailed on suspicion of DUI.

Kattan, who was on SNL from 1996 to 2003, was best known for the character Mango. He also starred alongside Will Ferrell in the 1998 film A Night at the Roxbury. A call to Kattan's agent wasn't immediately returned.

THE ASSOCIATED PRESS

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metro

Confidently leave the (home-workout) nest

Transition. Joining a gym for the first time can be intimidating, but it doesn't have to be

IZABELA SZYDLO
life@metronews.ca

Personal trainer Venessa Coda instructs Izabela Szydlo on how to do a wall sit. LIZBEDDALL.COM

I had convinced myself that I hated the gym before I ever set foot in one. The truth is, I was intimidated.

Instead, I started working out at home using dumbbells for resistance, a skipping rope for cardio and gym rat friends for advice. A year and 20 lost pounds later, I was ready to make the transition to a gym. But, despite having more fitness knowledge, I still felt apprehensive.

Venessa Coda, a Toronto-based personal trainer and licensed Zumba instructor with several martial arts under her belt, answered some of my concerns and put my gym fears to rest.

Should I be trying to burn fat and tone at the same time?
Fat burning and toning are two different things, but should be done together to get ultimate results. While you can target certain muscles to tone, you cannot target where you want to burn fat. To burn fat, you need to eat clean, and do cardiovascular and weight training. I would recommend a body fat test. It is a much better indicator of health than body mass index, which is simply a ratio of weight divided by height squared and does not take into account what our bodies are actually made of — specifically lean body mass like muscle, bone and water versus fat. Make sure you understand the instructions before taking one of these tests, as not doing so can result in an inaccurate reading.

What is the difference between machines and free weights?
The most important component in any strength training program is safety. If you are new to strength training or if you are working out alone, machines are your best bet. They provide a more controlled motion and isolate certain muscle groups. Free weights promote quicker strength gains and allow more variations in range of motion, but they require more balance and coordination. As a beginner, you should set up a fitness test and a gym walk-through with a professional who can show you how the machines work. Once you get more comfortable with the machines, slowly start to add a few free weight exercises. Eventually, you want to incorporate both machines and free weights into your routine.

Quoted

"You want to create a lifestyle change that will last as long as you can stay active. Be consistent, eat clean and keep setting goals for yourself."
Venessa Coda, personal trainer and licensed Zumba instructor

Some say that it is better to work out in the morning. Is there a specific time I should be hitting the gym?
Take into consideration what goes on in your day-to-day life and resolve to give yourself at least three hours a week in the gym. That equals three workouts a week. Then look at your days and see which days you tend to have a little more time. You have to be real with yourself and pick the time of day you know you will make it to the gym. Consistency is key if you want to see results. This is why it is super important to set a very realistic goal.

Is hiring a personal trainer a must?
Hiring a personal trainer is not a must but is a good idea if your budget allows it — even if it's just a few sessions to get you started on a program that is designed specifically for your needs and goals. Benefits to having a live trainer are: motivation, efficiency, improvement of technique and skills, and help with creating a fun workout. But remember, you are in control of your bank account. Do not be pressured into getting a trainer if you can't afford it. There are online resources that can help you through your workouts. Make sure you are using a reputable website, and paying close attention to instruction and watching technique closely.

For your phone

Boston Marathon World Run (iPad, iPhone, Android; free)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

You can join the Boston Marathon no matter where you are by sharing your personal runs and pledges while following stories from global ambassadors as they prepare for April's race.

Shedding light on the winter blues

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the January/February issue of Best Health, writer Patricia Pearson tells of her personal experience with seasonal affective disorder (S.A.D.), and how she is able to combat it during the winter months.

Here are a few facts about S.A.D.

• S.A.D. became a recognized disorder in the early 1980s. In its mild form, it's sometimes called "the winter blues," but if your mood, appetite and sleep patterns are badly affected in winter, talk to your doctor.

• What exactly triggers S.A.D. remains unknown, but the conventional thinking is that it's related to diminished sunlight. Natural visible light, as opposed to electric light, may regulate the production of the brain chemicals considered crucial for good mood and high energy. Less daytime causes the depletion of serotonin and the overproduction of melatonin (which is the neurotransmitter that tells us to sleep), prompting some of us to just want to stay on the couch.

• Other factors may be genetic history, shorter days and the lack of exposure to green spaces and rural outdoor settings.

Solutions
• Research shows that a light-therapy box (about $200) can really help. They are specially designed to project blue long-wave light, which is thought to help boost mood and alertness.

• A study also showed that office workers with a view of nature liked their jobs more, enjoyed better health and reported greater life satisfaction, In other words, exposure to green spaces can help symptoms related to stress and depression, including those brought on by prolonged adverse weather and annual time changes.

• If you don't have a daily view of nature and can't escape to it, go for a daily, simple but brisk walk. Exercise helps you feel happier and gives you more energy, too.

To read about our writer's experiences fighting the winter blues, see the whole story in the latest issue of Best Health magazine. BEST HEALTH IS ON NEWSSTANDS, OR YOU CAN SUBSCRIBE AT BESTHEALTHMAG.CA. WE ALSO HAVE AN AWARD-WINNING IPAD EDITION.

Make all your dates sweeter

Sweet Week. Metro is getting in the mood with a different V-Day treat every day — and this one happens to be healthy, too

THERESA ALBERT
myfriendinfood.com

I had the distinct pleasure of going to Bard Valley, Ariz., where Medjool dates are grown. I went 50 feet up a palm tree, picked one off the cluster and ate it. Pretty cool experience.

Medjool dates are dried right on the tree; no further treating or drying is required. They are wrapped in burlap to control pests rather than sprayed so they are effectively "organic" without the label.

Ingredients

- 12 Natural Delights Medjool Dates, pitted
- 12 pecan halves
- 5 oz (150 g) dark chocolate (70%), chopped
- 2.5 oz (75 mL) white chocolate, chopped

FLASH FOOD

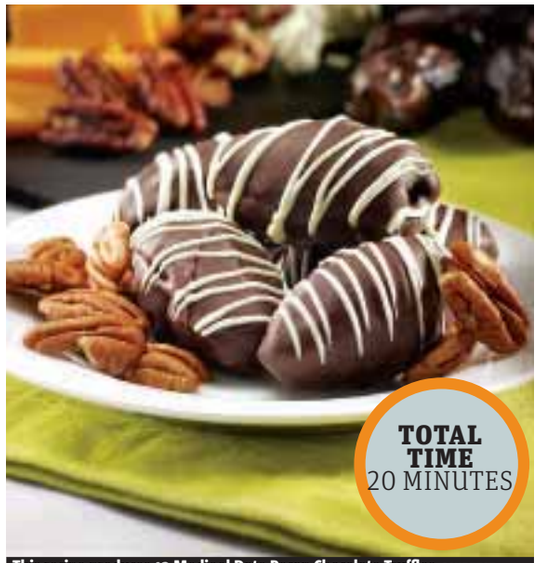
From your fridge to your table in 30 minutes or less

1. Using a small paring knife, cut a slit into each Medjool date and remove the pit. Gently squeeze a date open and stuff the pecan half inside. Repeat with remaining pecan halves and Medjool dates.

2. Using a double boiler, gently melt the chocolate and remove from heat once it's melted. Be sure to keep any moisture, water or even steam away from the chocolate.

3. Using a fork, dredge the stuffed dates through the dark chocolate and place onto a wire cooling-rack. Let cool.

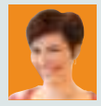
4. Place melted white chocolate into piping bag. Drizzle chocolate decoratively back and forth over chocolate dipped date. Let cool completely before serving. THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM/RECIPE FROM NATURALDELIGHTS.CA



This recipe produces 12 Medjool Date Pecan Chocolate Truffles. COURTESY NATURALDELIGHTS.CA

Health Solutions

Replace those crappy gooey chocolates



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Even your friendly neighbourhood nutritionist craves chocolate for Valentine's Day!

I can't and won't eat crappy sugar-filled creamy chocolates — only exquisite dark, antioxidant-filled cocoa will do. But sometimes chewing on a chunk of chocolate isn't all that satisfying and some kind of filling is required. Luckily, there is a simple, healthy solution for my high maintenance sweet style — surround something superb with dark chocolate!

Medjool dates are a shelf stable fresh fruit that is high in nutrients and super sweet, so you only need two to satisfy any craving.

These chewy little treats are packed with potassium and fibre but are miraculously low on the glycemic index, given how sweet they taste.

The uptake of sugar within your body is slowed by fibre, nutrients and fat and that matters to everyone, not just those with diabetes. Keeping the blood sugar even keeps a steady flow of glucose to the brain and an even call of insulin from the pancreas, thereby forestalling two syndromes that are rife in North America: metabolic syndrome in both the brain and the body.

Dipping Medjools in melted dark chocolate couldn't be easier. And the best way to win a healthy heart, yours or your lover's, is to care for it every day — including Valentine's.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Easy to make and so sinful

1. Chocolate Pudding: In heatproof bowl, whisk sugar, cocoa and cornstarch. Whisk in 1 cup (250 ml) of milk and egg yolks until a smooth paste; set aside.

2. In saucepan, combine remaining milk and cream; heat over medium heat until just steaming and bubbles form around edge, stirring occasionally.

3. In a thin steady stream, gradually whisk hot cream into chocolate paste. Gradually whisk back into saucepan and cook, stirring gently for 8 minutes or until mix coats the back of a spoon. Remove from heat; stir in vanilla. Gradually stir in chocolate until melted and smooth. Pour into dessert bowls; place plastic wrap directly on surface. Cool and refrigerate until chilled, about 2 hours.

4. Chantilly Cream: In old mixing bowl, whip cream for 1 minute. Add sugar and whip until soft peaks form.

5. To serve, top pudding with seasonal berries and scoop of cream. DAIRYGOODNESS.CA

This Chocolate Pudding with Chantilly Cream recipe serves six. DAIRYGOODNESS.CA

Ingredients

Chocolate Pudding
- 1/2 cup (125 ml) granulated sugar
- 6 tbsp (90 ml) unsweetened cocoa powder
- 2 1/2 tbsp (37 ml) cornstarch
- 1 1/2 cups (375 ml) 2% milk, divided
- 3 egg yolks
- 1 1/2 cups (375 ml) 35% whipping cream
- 1 tsp (5 ml) vanilla
- 5 oz (150 g) dark chocolate (65 to 70% cacao), chopped
- Seasonal berries

Chantilly Cream
- 1/2 cup (125 ml) 35% whipping cream
- 1 tbsp (15 ml) brown sugar

Speedskating

Humboldt's Dutton finishes 14th in debut

William Dutton made his Olympic debut with a 14th-place finish in the men's 500-metre long-track speedskating event Monday at the Sochi Games.

The 24-year-old from Humboldt, Sask., had a two-run time of 70.448 seconds, which was 1.13 seconds back of gold-medal winner Michel Mulder of the Netherlands.

Dutton makes two more appearances at the Games, competing in the 1,000 on Wednesday and the 1,500 on Saturday.

THE CANADIAN PRESS

Alpine skiing

Gagnon hopes to fight through pain

Canada's Marie-Michele Gagnon is hoping to continue competing at the Sochi Olympics, despite dislocating her shoulder in a fall during the slalom run of the women's super combined race Monday.

The skier from Lac-Etchemin, Que., hit a gate and lost control of her skis before crashing into the snow.

She was treated on the hill before leaving in an ambulance.

"We will have to see how it goes but I'm hoping to keep racing here in Sochi," Gagnon said in a release. "I really want to show people that you can overcome obstacles and still do great things."

She is scheduled to race in the slalom, giant slalom and Super-G.

THE CANADIAN PRESS

Canada's Alex Bilodeau celebrates winning the gold medal in men's moguls alongside countryman and silver medallist Mikael Kingsbury and bronze medallist Alexandr Smyshlyaev of Russia at the Sochi Olympics on Monday. JONATHAN HAYWARD/THE CANADIAN PRESS

Canada's one-two punch repeated

Freestyle skiing. Bilodeau defends gold, Kingsbury earns silver to match Montreal sisters' moguls feat

Alex Bilodeau is back atop the Olympic podium and he says he has his teammates to thank for it.

The freestyle skier from Rosemere, Que., defended his gold medal in men's moguls at the Sochi Olympics on Monday, edging his teammates Mikael Kingsbury of Deux-Montagnes, Que., who took silver, and Marc-Antoine Gagnon of Terrebonne, Que., who finished fourth.

Bilodeau, Canada's first gold medallist four years ago in Vancouver, had a flawless final run to earn a score of 26.31.

"It's a great feeling, but I need to first of all thank all my colleagues," Bilodeau said. "I was the third to go; there were two other Canadians after me. Every day they push me in training and that's why I got my best skiing tonight. That's why I'm the best skier I have ever been right now and the guy that finished second, he is going to win everything after I have gone."

Bilodeau, who is the first moguls skier to defend an Olympic title, received a long celebratory hug from his brother Frederic right after his victory. Bilodeau says Frederic, who has cerebral palsy, is his hero and he dedicated his gold medal in Vancouver to him.

"It was amazing. My brother is my everyday inspiration," he said. "Like I say all the time, if he had the life that I have lived he would be a three-time Olympic champion."

Kingsbury, who has been Bilodeau's main rival on the World Cup circuit this season, had a small stumble in his final run to finish with 24.71.

Russia's Alexandr Smyshlyaev was third with 24.34.

It's the second one-two finish for the Canadian moguls team at these Games, after Montreal sisters Justine and Chloe Dufour-Lapointe won gold and silver in the women's competition on Saturday night. THE CANADIAN PRESS

Hamelin on track for more gold medals

Canada's Charles Hamelin kisses his girlfriend and teammate Marianne St-Gelais after winning gold in men's 1,500-metre short-track speedskating on Monday. PAUL CHIASSON/THE CANADIAN PRESS

Charles Hamelin is a man on a mission.

In what could be the first of several trips to the podium, the star short-track speedskater won a gold medal in the men's 1,500 metres at the Sochi Olympics on Monday.

The native of Ste-Julie, Que., is a medal favourite in his three other events.

"I'm going through the full range of emotions," Hamelin, 29, said after finishing in two minutes 14.985 seconds to edge out Han Tianyu of China. "Of course I want to get back on the podium. But short-track speedskating is not an easy sport."

Hamelin won gold in the 500 metres and the 5,000-metre relay at the 2010 Games in Vancouver, but was seventh in the 1,500.

Hamelin, nicknamed "The Locomotive of Sainte-Julie," was virtually unbeatable on the World Cup circuit this season, winning six events.

Viktor Ahn earned the bronze Monday, giving Russia its first-ever short-track medal. J.R. Celski, the 2010 bronze medallist from Federal Way, Wash., finished fourth.

"He (Hamelin) deserves it," Celski said. "He went out there and raced his (rear) off."

THE CANADIAN PRESS

In good company

With the silver medal he won in the relay event in Turin in 2006, Charles Hamelin now has four Olympic medals, one short of former teammates Marc Gagnon and François-Louis Tremblay.

4 SPORTS

Jones and Canada withstand the roar

Curling. Russian fan's attempt to rattle our team come up short as China swept aside 9-2

Canada's skip Jennifer Jones yells after throwing her rock in Monday's third end against China.
NATHAN DENNETTE/THE CANADIAN PRESS

They stomped their feet and clapped their hands, and hollered all game long.

But Jennifer Jones and her steely-nerved Canadian teammates played like they couldn't hear them at all.

Amid the din of a deafening Russian crowd that never let up, the Winnipeg skip led Team Canada to a 9-2 victory over China in their opening game of the Sochi Olympics on Monday.

It was both a strong start against a tough opponent for the Canadians, and a great dress rehearsal for when they eventually play Russia later in the Games.

"You can't really hear very well, but we'll come up with some solutions to that," said Jones, who has hand signals worked out — a hand up means stop sweeping — for when the din of the crowd threatens to drown out her directions.

The curlers struggled to be heard, but it helped that the Canadians were prepared for the crazy atmosphere.

"I don't know that they're a curling-knowledgeable crowd, and I think we saw that in Vancouver (at the Olympics) as well, so it's not really a big surprise," said Canada's second Jill Officer.

Jones and her team built a 3-0 advantage and then opened the gap by drawing for three in the fifth end to give Canada a 6-1 lead. Canada drew for three more before Bingyu Wang conceded in the seventh end.

"We're pretty proud of that start," Jones said. "It's our first Olympics and we came out and played really well from the first end on against a great team."
THE CANADIAN PRESS

Swiss upset Jacobs

In the men's draw, Canada made a stuttering start to the defence of its Olympic curling title on Monday, following up a scrappy win over unheralded Germany with a surprise loss to Switzerland on a sobering day for the big gold-medal favourites.

- By the end of opening day, Sweden was the only team 2-for-2, with wins in tough matches against the Swiss and Britain. Canada's Brad Jacobs and Sweden face off on Tuesday.

MEDALS

Nation	G	S	B	Tot.
Canada	**3**	**3**	**1**	**7**
Netherlands	3	2	2	7
Norway	2	1	4	7
Russian Federation	1	2	3	6
United States of America	2	0	3	5

WHAT CANADA DID

MONDAY

ALPINE SKIING
Women's Super Combined Downhill - Marie-Michele Gagnon, Lac-Etchemin, Que., 21st (one minute, 45.39 seconds)
Women's Super Combined Slalom - Marie-Michele Gagnon, Lac-Etchemin, Que., DNF.
BIATHLON
Men's 12.5 km Pursuit - Nathan Smith, Calgary, 11th (34 minutes, 37.7 seconds, +49.1 seconds); Jean-Philippe Le Guellec, Shannon, Que., 26th (35:45.3); Brendan Green, Hay River, N.W.T., 35th, (36:21.2)
CURLING
Men's Round Robin Session 1 - Canada 11 Germany 8
Men's Round Robin Session 2 - Switzerland 5 Canada 4
Women's Round Robin Session 1 - Canada 9 China 2
FREESTYLESKIING
Men's Moguls Qualification 1 - x-Alex Bilodeau, Montreal, 1st (24.70 points); x-Mikael Kingsbury, Deux-Montagnes, Que., 2nd (23.81); x-Marc-Antoine Gagnon, Terrebonne, Que., 5th (22.90); x-Philippe Marquis, Quebec City, 6th (22.43).
x- qualified for Final 1
Men's Moguls Final 1 - x-Philippe Marquis, Quebec City, 2nd (24.32); x-Mikael Kingsbury, Deux-Montagnes, Que., 3rd (24.31); x-Marc-Antoine Gagnon, Terrebonne, Que., 4th (23.45); x-Alex Bilodeau, Montreal, 8th (22.49).
x- qualified for Final 2
Men's Moguls Final 2 - x-Mikael Kingsbury, Deux-Montagnes, Que., 1st (24.54); x-Marc-Antoine Gagnon, Terrebonne, Que., 2nd (24.16); x-Alex Bilodeau, Montreal, 3rd (23.89); Philippe Marquis, Quebec City, 9th (22.25).
x-qualified for Final 3
Men's Moguls Final 3 - Alex Bilodeau, Montreal, **1st, Gold Medal** (26.31); Mikael Kingsbury, Deux-Montagnes, Que., **2nd, Silver Medal** (24.71); Marc-Antoine Gagnon, Terrebonne, Que., 4th (23.35).
ICE HOCKEY
Women's Prelimary Round (Group A) - Canada 3 Finland 0
LUGE
Women's Singles Run 1of 4 - Alex Gough, Calgary, 5th (50.464 seconds); Kimberley McRae, Calgary, 6th (50.465); Arianne Jones, Calgary, 13th (50.993)
Women's Singles Run 2 of 4 - Alex Gough, Calgary, 5th (50.402 seconds); Kimberley McRae, Calgary, 6th (50.454); Arianne Jones, Calgary, 15th (50.837)
Overall Ranking- Alex Gough, Calgary, 5th (one minute 40.866 seconds, +1.052 seconds); Kimberley McRae, Calgary, T-6th (1:40.919); Arianne Jones, Calgary, 13th (1:41.830)
Runs 3 and 4 on Feb. 11
SHORT TRACK
Men's 1500 m Heats - Race 4: x-Charles Hamelin, Sainte-Julie, Que., 1st (two minutes 16.903 seconds); **Race 5:** x-Francois Hamelin, Sainte-Julie, Que., 2nd (2:13.935); **Race 6:** x-Michael Gilday, Yellowknife, N.W.T., 1st (2:16.468)
x- qualified for semifinals
Men's 1500 m Semifinals - Race 15: x-Francois Hamelin, Sainte-Julie, Que., 4th (two minutes 16.473 seconds); **Race 16:** Michael Gilday, Yellowknife, N.W.T., Penalty; **Race 17:** y-Charles Hamelin, Sainte-Julie, Que., 1st (2:14.480).
y- qualified for Final A; x- qualified for Final B
Men's 1500 m Finals - Final A: Charles Hamelin, Sainte-Julie, Que., 1st (2:14.985); **Final B:** Francois Hamelin, Sainte-Julie, Que., 2nd (2:21.592)
Men's 1500m Final Ranking: Charles Hamelin, Sainte-Julie, Que., **1st,Gold Medal**; Francois Hamelin, Sainte-Julie, Que., 9th; Michael Gilday, Yellowknife, N.W.T., 17th.
Ladies' 500 m Heats - Race 11: x-Marianne St-Gelais, St-Felicien, Que., 1st (43.729 seconds); **Race 13:** x-Jessica Hewitt, Kamloops, B.C., 2nd (43.447); **Race: 14:** x-Valerie Maltais, La Baie, Que., 1st (44.093).
x- qualified for the quarter-finals on Feb. 13
Ladies' 3000 m Relay Semifinals - x-Canada (Marie-Eve Drolet, Chicoutimi, Que.; Jessica Hewitt, Kamloops, B.C.; Valerie Maltais, La Baie, Que.; Marianne St-Gelais, St-Felicien, Que.), 2nd, (four minutes 8.871 seconds).
x- qualified for Final A on Feb. 18
SPEED SKATING
Men's 500 m Race 1 of 2 - Gilmore Junio, Calgary, 11th (35.15 seconds); Jamie Gregg, Edmonton, (35.17); William Dutton, Humboldt, Sask., T-18th (35.278); Muncef Ouardi, Quebec City, 23rd (35.395)
Men's 500 m Race 2 of 2 - Gilmore Junio, Calgary, 7th (35.09 seconds); Jamie Gregg, Edmonton, 8th (35.10); William Dutton, Humboldt, Sask., 11th (35.17); Muncef Ouardi, Quebec City, 29th, (35.60).
Men's 500 m Final Ranking: Gilmore Junio, Calgary, 10th (70.25 seconds, +0.94 of a second); Jamie Gregg, Edmonton, 11th (70.27); William Dutton, Humboldt, Sask., 14th (70.448); Muncef Ouardi, Quebec City, 25th (70.997).

CURLING

MEN
Monday's results
Britain 7 Russia 4
Sweden 7 Switzerland 5
China 7 Denmark 4
Canada 11 Germany 8
Norway 7 United States 4
Denmark 11 Russia 10
Switzerland 5 **Canada 4**
Sweden 8 Britain 4
Tuesday's games
Canada vs. Sweden, 5 a.m.
United States vs. China, 5 a.m.
Britain vs. Germany, 5 a.m.
Norway vs. Russia, 5 a.m.
WOMEN
Monday's results
Canada 9 China 2
Switzerland 7, United States 4
Sweden 6, Britain 4
Russia 7, Denmark 4
Tuesday, Feb. 11
Switzerland vs. Denmark, 12 a.m.
Sweden vs. **Canada**, 12 a.m.
Russia vs. United States, 12 a.m.
South Korea vs. Japan, 12 a.m.
Britain vs. United States, 10 a.m.
South Korea vs Switzerland, 10 a.m.
Denmark vs Japan, 10 a.m.
China vs. Russia, 10 a.m.

HOCKEY

PRELIMINARY ROUND

MEN
Wednesday's games
Czech Republic at Sweden, 12 p.m.
Latvia at Switzerland, 12 p.m.
WOMEN
Monday's results
United States 9 Switzerland 0
Canada 3 Finland 0
Tuesday's games
Germany at Sweden, 5 a.m.
Russia at Japan, 10 a.m.

CFL

Riders fullback Bell retires in style

Saskatchewan Roughriders fullback Graeme Bell is going out a champ.

Bell is retiring after winning the Grey Cup with the Roughriders in November.

The five-foot-11, 230-pound University of Saskatchewan product appeared in 97 regular-season games over nine CFL seasons.

Bell signed as a free agent with Winnipeg in 2005 before joining Edmonton in 2009. He was then acquired by Saskatchewan in 2011.

The 33-year-old registered 18 career carries for 66 yards and one touchdown while adding seven receptions for 28 yards and two touchdowns.

He also had 60 career special teams tackles.
THE CANADIAN PRESS

Win out of Pelicans' reach

Raptors guard Terrence Ross drives to the hoop past Pelicans forward Luke Babbitt in Toronto on Monday night. Patrick Patterson and DeMar DeRozan scored 22 points apiece to help the Raptors snap a two-game losing streak with a 108-101 win. FRANK GUNN/THE CANADIAN PRESS

NASCAR. Legendary driver credits Patrick's rise to 'female deal'

NASCAR Hall of Fame driver Richard Petty says Danica Patrick can only win a Sprint Cup Series race "if everybody else stayed home."

The seven-time champion made the comment during a Sunday appearance at the Canadian Motorsports Expo in Toronto, according to the website wheels.ca.

Petty also said Patrick only gets attention because she's a woman, but added that publicity is good for NASCAR.

"If she'd have been a male, nobody would ever know if she'd showed up at a racetrack," Petty said, according to the website.

"This is a female deal that's driving her. There's nothing wrong with that, because that's good PR for me. More fans come out, people are more interested in it. She has helped to draw attention to the sport, which helps everybody in the sport."

Petty still maintains partial control of Richard Petty Motorsports, which fields cars for Marcos Ambrose and Aric Almirola in the Sprint Cup Series.

Former NASCAR driver Richard Petty said Danica Patrick can only win a race "if everybody else stayed home."
TERRY RENNA/THE ASSOCIATED PRESS FILE

Patrick is headed to Daytona International Speedway this week to begin her second full season at NASCAR's top level. She became the first woman a year ago to win the top starting spot for the Daytona 500 and she finished eighth. THE ASSOCIATED PRESS

Show someone how much you really love them.
Everyone Welcome
Reserve your special dinner now at the Saskatoon Golf & Country Club
Friday, February 14th, 2014
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Horoscopes

♈ Aries
March 21 - April 20
No matter how strong your beliefs and opinions may be what happens today and tomorrow will make you question them. That's good.

♉ Taurus
April 21 - May 21
Whatever your ambitions may be right now they will change dramatically over the next few weeks. Whatever happens you must believe that you are more than just a cog in the machine.

♊ Gemini
May 22 - June 21
There is something you have wanted to do for a while but for some reason never got round to starting. What happens over the next few days will encourage you to get back to it.

♋ Cancer
June 22 - July 23
The answer to your money worries will appear soon, so stay calm and act drastically. Sacrifices will have to be made but they won't cause you too much pain, so long as you use your head.

♌ Leo
July 24 - Aug. 23
The planets are encouraging you to go with the flow and let others call the shots for a while. Being a Leo and a natural born leader that may not be easy but sometimes its good to take a back seat for a change.

♍ Virgo
Aug. 24 - Sept. 23
It would be a mistake to take on any new tasks today – in fact Saturn warns it could be disastrous. Far from adding to your workload you should be cutting back on your chores.

♎ Libra
Sept. 24 - Oct. 23
Done argue with people who will always see things differently to you. It takes all sorts to make a world and though that doesn't mean you have to like them it does mean you have to put up with them.

♏ Scorpio
Oct. 24 - Nov. 22
Not everyone is as dynamic as you and you would be wise to bear that thought in mind today, especially when dealing with people who seem indecisive.

♐ Sagittarius
Nov. 23 - Dec. 21
This is an encouraging time for you as your ability to enjoy the simple things in life returns. One sad person may try to bring you down but you don't have to listen.

♑ Capricorn
Dec. 22 - Jan. 20
You may be tempted to do a task the hard way today, simply because you want to impress people in positions of power, but it isn't necessary. What matters is that you can get the job done, not how.

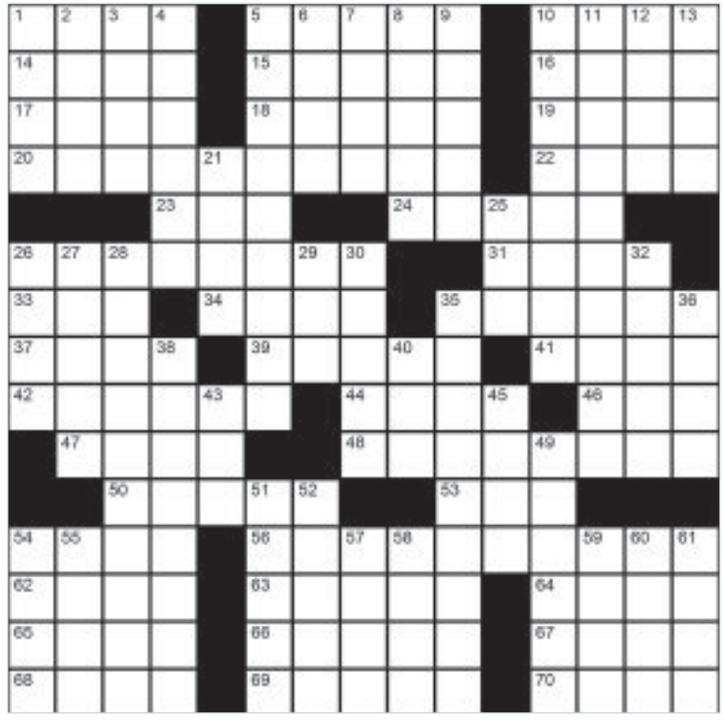
♒ Aquarius
Jan. 21 - Feb. 19
Your head and heart are working well together right now but unfortunately some people you have to deal with are so mixed up their presence in your life is becoming a liability. So get rid of them.

♓ Pisces
Feb. 20 - March 20
You may be tempted to act first and justify your actions later but if you do it will cost you. Today's Sun-Saturn link warns that the consequences of misguided action could be severe. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

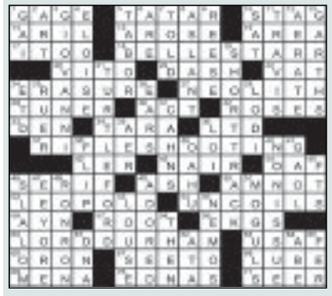
BY KELLY ANN BUCHANAN



Across
1. "Get Off" band from Toronto
5. Lightweight wood
10. __ missile
14. Time Machine people
15. Hautbois [pl.]
16. Drive-__
17. 1982 Robin Williams role
18. Grumpy
19. Ascend
20. SOCHI 2014 - Freestyle Skiing event
22. Wood sorrels
23. Ms. Longoria
24. Shorthand, shortly
26. __ House (Prince Charles' official residence)
31. Chilly feeling
33. Caesar's 52
34. Kinks song
35. King Minos, for example
37. Pearson postings, puny-ly
39. Left-hand page
41. Ms. Hayworth
42. Green-on-copper
44. Spicy cuisine
46. Close-mouthed
47. "___ it!"
48. SOCHI 2014 - Snowboard event
50. Lovely parties
53. "Faster!"
54. Celebrity
56. SOCHI 2014 - Winter Olympics sport: 2 wds.
62. Polynesian amulet
63. Ravi Shankar's instrument
64. 1976 mini-series, "Rich Man, __ Man"
65. Actor, Chris D'__
66. NWT's flower emblem, Mountain __
67. Pretty purse
68. Demeanor
69. Bakery stuff
70. Blaring blah-blah

Down
1 Ms. Ryan's
2. Airline of Israel: 2 wds.
3. Actor, Benicio Del __
4. Jacket closer
5. "Soul ___ __": Quincy Jones composed instrumental which Canadian game show "Definition" used as its theme music
6. Border on
7. Particular parrot
8. Markets
9. Not __ __ (Not so far)
10. SOCHI 2014 - Faster - Higher - __
11. City in Quebec
12. Sky bear
13. Things to pay
21. Mr. Knievel
25. An __ for music
26. SOCHI 2014 - Speed skater's footwear, __ skates
27. Pre-euro moneys
28. SOCHI 2014 - Snowboarding trick, __-__-__
29. Cavs, on a scoreboard
30. Soil
32. Consume: 2 wds.
35. Southern Alberta town
36. Appoint
38. Trans-__ Orchestra
40. __ Na Na
43. Web
45. "Let me know __ __ in your way."
49. Salt's friend
51. Composition
52. Shave
54. Flower part
55. Bryan Adams' "18 __ Die"
57. Virginia willow
58. Pre-Febs
59. Whit
60. Person, place or thing
61. Gumption

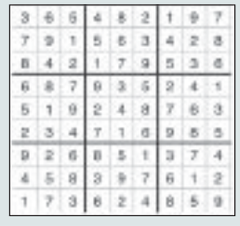
Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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Beauty certification required.
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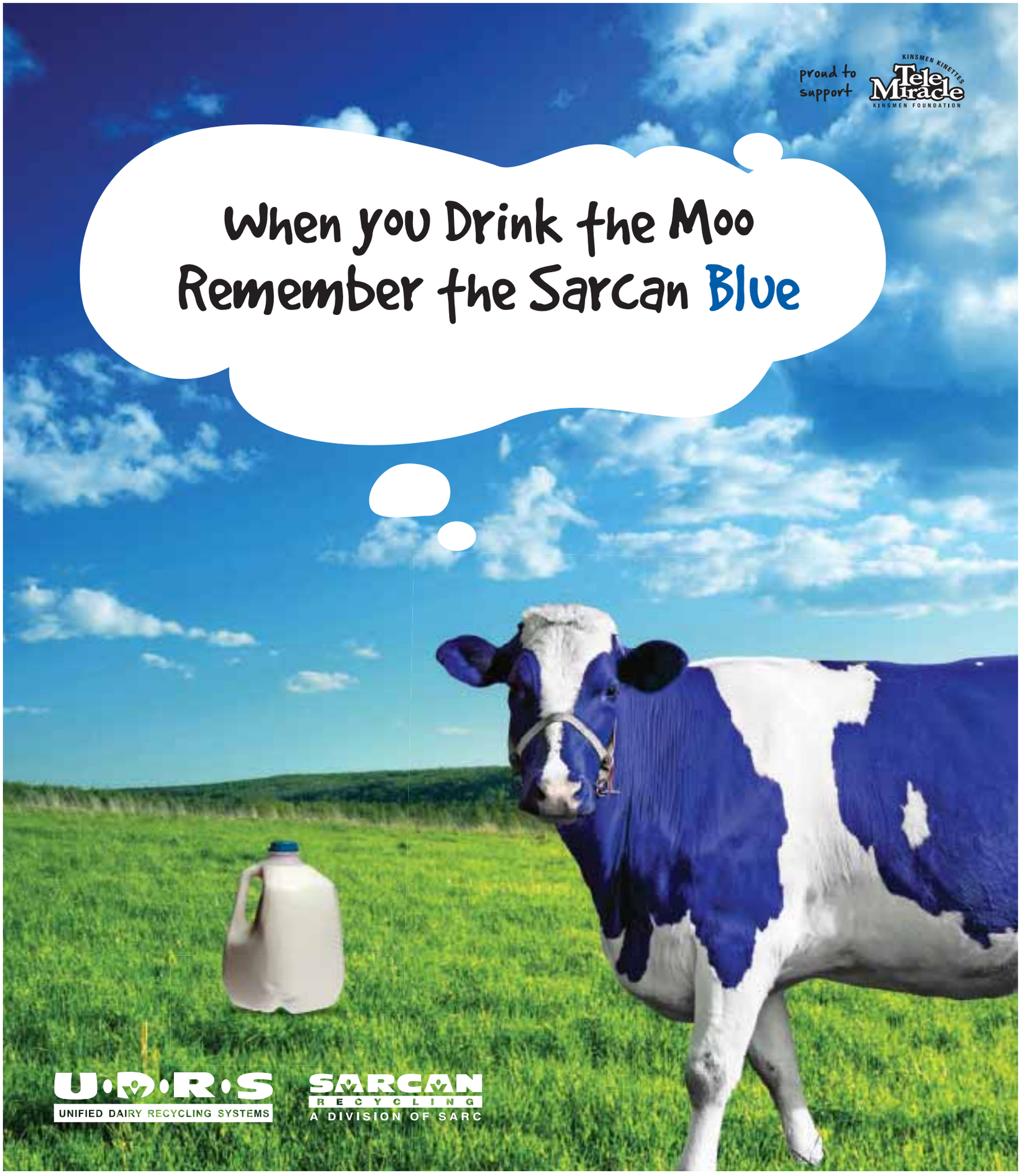
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